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Health pg 26

Items to add to your gym bag

Hockey does ignite our passion

PLAYOFFS Heritage Minister James Moore is in the political penalty box for dissing the Montreal Canadiens. Moore wrote on Twitter over the weekend that the Vancouver Canucks are Canada's real team in the Stanley Cup playoffs.

He also said Vancouver's uniforms remind him of the colours of his old Canadian Alliance party.

Quebec Liberal MPs say Moore should get a game misconduct for picking one Canadian team over the other.

THE CANADIAN PRESS

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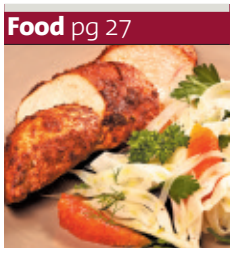
Food pg 27



A tasty gift for mom

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Lifesaver

STEVEN RUSSELL/TORSTAR NEWS SERVICE

Karen Jensen gets a smooch from Patty, a border collie mix from Westlock, Alta., who helped saved the life of Kai Jensen. Jensen was crushed behind a seeder weighing more than 2,700 kilograms while planting the annual crop. Patty's frantic jumping and barking helped alert Jensen's son, Allan, who called 911. Three pets and one service dog were honoured yesterday at the 2010 Purina Animal Hall of Fame induction at the PawsWay Pet Discovery Centre in Toronto.

Premier preaches patience

McGuinty weighs in on Stafford publication ban

Ontario politicians echoed media concerns yesterday about a sweeping publication ban in the Tori Stafford case, but Premier Dalton McGuinty said he was confident the facts in the first-degree murder proceedings would eventually come out.

Victoria Stafford

The Progressive Conservatives and New Democrats both warned the ban imposed Friday by Justice Dougald McDermid would only fuel rumours and false information, especially in today's wired world.

"Everyone has a blog and Facebook and Twitter," said Opposition justice critic Ted Chudleigh.

Speaking at an unrelated event in Walkerton, McGuinty said he had confidence in the criminal justice system and advised people to be patient while the cases against Stafford's accused killers work their way through the courts.

"I think these are early days in terms of the proceedings themselves," said McGuinty. "I think there will be opportunities for us to acquire more information generally, the public — through the media — as things unfold."

Stafford disappeared in April last year. Terri-Lynne McClintic, 19, and Michael Rafferty, 29, were arrested in May 2009 and charged with first-degree murder and kidnapping.

THE CANADIAN PRESS

One more reason why it's called the idiot box

STUDY TV doesn't just turn kids into couch potatoes — it also makes them poorer math students and less interested in school, says a long-term study on the toll of the tube on children.

The study, which followed 1,134 Quebec children, looked at their viewing habits at 29 and 53 months, and then their academic and physical development by age 10.

For every hour above the average for TV viewing in the early years — which, in the study, was slightly more than one hour per day — there was a six per cent drop in math success, seven per cent in classroom engagement, as well as a 10 per cent increase in being bullied at school.

The preschool period is a critical time for brain development, as well as a time for learning social skills and building healthy habits for life, said lead author Linda Pagani of the Sainte-Justine hospital research centre, Université de Montréal.

TORSTAR NEWS SERVICE

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Local

Commish pans provincial plan

Ontario's environmental commissioner says if the province is serious about energy conservation it should focus on ways to cut down the consumption of gasoline and other transport fuels. Environmental Commissioner Gord Miller says the government's "ad hoc" plan is too focused on electricity conservation and doesn't address ways to conserve other forms of energy. THE CANADIAN PRESS

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Shaw, Canwest Global reach deal on TV assets

A major shift in Canadian television ownership is coming, one that will fundamentally alter the country's broadcasting landscape as Calgary's Shaw Communications has struck a deal to take over the TV assets of Canwest Global.

Shaw, until now primarily a cable TV and Internet provider, said yesterday it has reached an agreement to become the new owner of Canwest's over-the-air TV stations and specialty cable channels in a series of transactions totalling about $2 billion.

Jim Shaw

The agreement would give Shaw 11 local Global TV stations across the country, and ownership of a group of specialty channels, including Showcase, MovieTime and HGTV.

The price tag includes $700 million in cash that Shaw will spend to buy the piece of a key Canwest Global subsidiary currently owned by investment bank Goldman Sachs.

For Shaw, it means access to a wide range of broadcast content — something in which it has expressed a keen interest as it prepares to also enter the wireless market.

Shaw has already seen shifts in the way Canadians watch television and the company wants to get ahead of the game by owning the rights to more content, executive vice-president Bradley Shaw told analysts on a conference call.

"We see that customers are really trending towards watching and purchasing content across a variety of media platforms," he said.

Shaw CEO Jim Shaw said in a statement that his company had conducted extensive negotiations over several months with all involved parties and has positioned itself to become a leading Canadian provider of communication services and entertainment.

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

The Canwest logo adorns one of the company's offices in Toronto. Shaw Communications purchased the television assets of Canwest Global for roughly $2 billion yesterday.

Torstar confirms bid for Canwest newspaper assets

MEDIA The owner of the Toronto Star says it has entered its bid for the newspaper assets of Canwest, the media giant that has been restructuring under protection from its creditors.

Torstar Corp. says it submitted a formal offer Friday, putting to rest speculation that the publisher of Canada's biggest newspaper was having trouble lining up its financing.

But Torstar says it and Fairfax Financial, a key shareholder of Torstar, have gone ahead with the offer, and although no financial terms have been disclosed, the banks that effectively own Canwest have set a floor price of $950 million.

Torstar is not the only bidder for the Canwest newspapers, which include the National Post, Montreal Gazette and Ottawa Citizen.

Other reported bidders for the Canwest papers include Victoria-based David Black and Vancouver's Glacier Media, which owns many newspapers in B.C. and elsewhere. Former Canwest CEO Leonard Asper, who lost control of the newspaper and broadcasting company his father built, is also part of a bid to reclaim the papers, once known as the Southam Newspaper Group.

THE CANADIAN PRESS

Sick Kids fuses research units

HEALTH The world-class researchers of the Hospital for Sick Children will soon have a world-class space in which to make their discoveries.

The hospital will break ground today on its 21-storey Research & Learning Tower that will bring Sick Kids' 2,000 researchers under one roof.

"At the moment they are spread across six city blocks in different buildings, yet we are in a time when science is all about collaboration and interaction," said Janet Rossant, chief of research at Sick Kids.

"We have been working hard to develop a concept and a building where we can repatriate them all and bring them together so they can form new teams and make a difference."

The building, at the corner of Bay and Elm streets, is designed to maximize interaction between scientists, whether they are in the lab or lounge.

TORSTAR NEWS SERVICE

News in brief

MURDER CHARGES Two more people have been charged in the death of a man following an argument in Toronto's Don Jail, allegedly over a bag of chips. Hussein Nur, 21, and Abdifatah Mohamed, 20, both of Toronto, were arrested yesterday and charged with second-degree murder. They are scheduled to appear in court tomorrow. The two men are charged in the Jan. 2 death of Kevon Phillip. A total of six men have been charged with second-degree murder in Phillip's death.

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Hospital CEO pay tied to performance

Chief executive officers at Ontario hospitals will soon see their salaries tied to performance targets that result in better outcomes for patients, but critics said yesterday the Liberal government blew a chance to lower those lucrative pay packages.

Health Minister Deb Matthews has herself expressed concerns about the high salaries paid to hospital CEOs, many of whom make more than $500,000 or even $750,000 a year, but even she admitted new legislation introduced yesterday won't really tackle the problem.

The bill will take a portion of a hospital CEO's current salary and tie that to improved patient outcomes, Matthews told reporters.

"It's not a piece of legislation that's designed to bring down compensation levels for hospital CEOs," she said.

"I think that's an important conversation we need to have, (but) this bill is about tying a portion of their compensation to achieving those quality improvements."

The new legislation will ensure there is a connection between the quality of the services delivered to patients and the pay level of hospital executives, said Premier Dalton McGuinty.

"Right now there is no such connection and we think we need to do more to put the patient first," McGuinty told reporters.

"We want to draw a direct line between the quality of the services that a patient is receiving in a particular hospital and the pay being received by the executive in that hospital."

The bill does nothing to improve access to care, which is a big concern as hospitals slash services such as physiotherapy and laboratories, said Ontario Health Coalition spokeswoman Natalie Mehra.

"The government talks a lot about improving access, but has more than happily helped to sidetrack the public into talking about CEO performance," said Mehra.

25 The Ontario Health Coalition, a patients' advocacy group, complained there was nothing in the legislation to control the salaries of hospital CEOs, even though they make up to 25 times the salary of the average worker.

THE CANADIAN PRESS

Launch **A close-up view of global health**

NATHAN DENETTE/THE CANADIAN PRESS

Finance Minister Jim Flaherty, right, and Dr. Peter Singer take a look at a microscope after yesterday's launch of Grand Challenges Canada, a new global health initiative that helps developing countries address the world's most pressing health problems.

Suit against London investor quashed

FINANCE A Canadian financier, who accused her millionaire boss of hiring a hit man to kill her, learned yesterday that a London employment tribunal did not believe her story.

"We did not find the claimant a persuasive witness," the tribunal said yesterday in a written judgment, dismissing the $6-million suit brought by Jordan Wimmer.

Wimmer, 29, of Mississauga, rocked London's financial district — the "City" — with her allegations last fall against hedge fund boss Mark Lowe.

Lowe is a well-known figure in the English investment world, a famous roué with a French castle, a $200-million fortune and a taste for the pleasures money can buy. Wimmer turned that playboy image around, painting Lowe as a predator.

She accused him of a determined campaign of sexual harassment. Wimmer alleged Lowe peppered her with suggestive emails, forced her to attend strip clubs for business meetings and made her work with prostitutes that he passed off as relatives. She also claimed he demanded sex.

As a result, Wimmer said, she became clinically anxious, bulimic and was no longer able to work at her $800,000 per year position.

Bizarrely, Wimmer also suggested Lowe had hired a Russian hit man to run her over in the street.

TORSTAR NEWS SERVICE

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Construction worker hospitalized after fall
A construction worker was taken to hospital after falling 5.5 metres off a wall at 18 York St. The injuries don't appear to be serious. THE CANADIAN PRESS

KATIE DAUBS/TORSTAR NEWS SERVICE

Eight volunteers and staff members at Cannabis as Living Medicine (CALM), pictured outside the Old City Hall courts, had charges against them stayed yesterday. CALM owner Neev Tapiero, centre, still faces trafficking charges.

Charges against pot club's staff stayed

Compassion club owner Neev Tapiero says the trafficking charges he faces are as weak as Health Canada's medical marijuana.

Tapiero, the owner of Cannabis as Living Medicine (CALM), sells medical marijuana to people with chronic diseases, including HIV.

After his Queen Street East club was raided March 31, nine people, including Tapiero, faced drug-related charges.

The charges were stayed against everyone except the owner yesterday.

"It's the right thing to do," lawyer Ron Marzel said as some of his clients smoked a joint in front of Old City Hall.

"If the government takes issue with a compassion club, they should have that fight with Neev."

3,000 About 10 per cent of CALM's 3,000 registered members have federally issued cards permitting them to possess medical marijuana. The rest have written approval from a doctor, chiropractor or naturopath, Neev Tapiero said.

Marzel said the case could be precedent setting, with the potential for legitimizing compassion clubs and decriminalizing marijuana.

Tapiero maintains compassion clubs like his fill a void for patients who can't find relief through the federal program.

"This is a charter right. If you have a condition for which cannabis is useful, you deserve high-quality consistent access," he said.

"Health Canada was sued into creating the medical marijuana program, and since they did it reluctantly, it's a bad program."

In 2000, Ontario's Court of Appeal declared marijuana possession laws unconstitutional because they failed to provide access for medical users without fear of prosecution.

In 2001, the federal government created a medical marijuana program.

The program dictates that people with a medical marijuana licence must order specified amounts from Health Canada, grow it themselves, or designate someone to grow it for them.

TORSTAR NEWS SERVICE

One-minute idling limit picks up speed with enforcement proposal

COURT Toronto's Board of Health has voted in favour of reducing the maximum time motorists can idle their motors without risking a $125 fine to just one minute.

But board members and others hoping city council will adopt the recommendation worry the 60-second limit will add up to hot air.

Busy police officers and city transportation staff ding only an average of 76 motorists a year for breaking the current three-minute limit, compared to millions of tickets written by parking enforcement officers for other infractions.

So the board adopted a suggestion from Coun. Howard Moscoe, urging council to ask the province to amend legislation so parking enforcement can issue idling tickets and hold regular blitzes.

TORSTAR NEWS SERVICE

Them's the brakes

- The recommended changes would erase exemptions letting motorists off the hook when the temperature is less than 5 C or more than 27 C, and replace a clause that allows TTC vehicles to idle for up to 15 minutes with one that says transit vehicles can only run while stopped for "an identified need."

Lack of poison stymies judge in letter bomb case

TRIAL A Superior Court judge said yesterday he was having difficulty accepting part of the Crown's case against a man charged with sending tampered water and bombs to his enemies.

Adel Arnaout, 39, has pleaded not guilty to 11 counts of attempt murder along with five explosives offences. He testified he never intended to kill or seriously injure his targets but wanted to scare his foes and police.

Arnaout had a background in chemistry so he was aware the substance in the water bottles would not be lethal if ingested, Justice Todd Ducharme said. TORSTAR NEWS SERVICE

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Former Defence employee charged with fraud

A former Defence Department employee has been charged with one count of fraud over $5,000. Maj. Paule Poulin said Crystal Charlebois-Miller was charged April 29 with fraud related to the use of public funds over a few years. THE CANADIAN PRESS

Canada

Resolution for Walkerton claims eyed

Premier Dalton McGuinty, left, says he hopes to move "sooner rather than later" on about 200 unresolved claims related to the tainted water tragedy in Walkerton. The premier said he wants to be fair to the townspeople who were affected by the disaster a decade ago, but sometimes things take a bit longer to resolve. McGuinty was in Walkerton yesterday and toured the new clean water centre, which was completed in March at a cost of $8.3 million. THE CANADIAN PRESS

Shut up, aid experts told

Tory senator warns of abortion backlash if protest continues

Aid experts alarmed by Canada's new anti-abortion stand on the world stage have been advised to "shut the f--- up" or risk Prime Minister Stephen Harper taking even harsher measures abroad — or even at home if abortion becomes an election issue.

"We've got five weeks or whatever left until the G8 starts. Shut the f-- up on this issue," Conservative Senator Nancy Ruth told a group of international-development advocates who gathered on Parliament Hill yesterday to sound the alarm about Canada's hard-right stand against abortion in foreign aid.

"If you push it, there will be more backlash," Ruth said. "This is now a political football. This is not about women's health in this country."

Ruth, who sponsored the gathering on the Hill, said silence may be the best strategy for now. "Let it roll out," she said.

Ruth's remarks, intended more as friendly advice than a warning, were met with gasps of disbelief and even anger among the approximately 80 aid representatives.

TORSTAR NEWS SERVICE

Optimism for Afghan docs deal

OTTAWA Government and opposition parties are inching closer to a deal that would allow at least one representative from each party to scrutinize sensitive and potentially explosive documents on Afghanistan detainees.

They are also considering employing the Speaker of the House of Commons to mediate disputes that could arise over the disclosure of information that might jeopardize national security.

While nothing has been nailed down, all parties emerged yesterday from their second round of negotiations saying the mood was positive and amicable.

And they expressed cautious optimism a deal could be reached by Friday.

"I think the negotiations are open, there's no bottom lines," said government whip Gordon O'Connor.

"We're hoping that maybe by the end of the week we have a solution."

THE CANADIAN PRESS

May 11

- Speaker Peter Milliken gave all parties until May 11 to find a compromise that would allow full disclosure to parliamentarians without risking national security.

SEAN KILPATRICK/THE CANADIAN PRESS

Liberal House Leader Ralph Goodale, left, takes part in a media availability scrum yesterday on Parliament Hill following a meeting with other party members regarding the Speaker's ruling in relation to the Afghan detainee documents.

Tories launch spending review

FINANCES The Harper government has launched a review that it says will save $1.7 billion this year and subsequent years as part of a cost-cutting offensive announced in the March budget.

Treasury Board President Stockwell Day says the government will review $35 billion in federal spending by 13 departments and agencies in order to trim five per cent of operational spending.

THE CANADIAN PRESS

Breaking moos: Canadian cows join the legions on Twitter.

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One in nine on verge of homelessness: Survey
About one in nine Canadian adults has experienced homelessness or come close to it, a survey done for the Salvation Army suggests. THE CANADIAN PRESS

'The car wouldn't stop'

Two injured in incident near Montreal courthouse

The blue Chevy didn't pick up speed until a courthouse constable tried to flag it down. Then it swerved into the constable as he snapped a gunshot through the car window, into the driver.

A witness shook his head in amazement as he recounted the bizarre incident that unfolded yesterday outside the provincial courthouse.

What had begun as an altercation inside the courthouse had suddenly resulted in two injuries: An officer struck in an apparent hit-and-run, and a driver on the lam with a bullet wound in his left hand.

"The car wouldn't stop," witness Yannick Champagne said. "He stepped on the gas to hurt the cop. By that time, the cop just had time to take out his gun and fire at the car.

"The bullet went through the driver's side window ... I heard that he hit him on the arm."

Champagne, a nursing student, rushed to the injured constable's aid. Glass from the shattered window littered the street in Old Montreal as police locked down the area to look for clues and interview witnesses.

The jumble of events that sparked the incident was still being sorted out late in the day by detectives as the courthouse constable was being treated in hospital with an injured leg.

Montreal police released a wanted bulletin on one man — Evens Ambroise, 27 — for involvement in the case.

Ambroise, who had appeared in court on assault charges, was also injured.

Police said their suspect went to a Montreal hospital to be treated for a bullet wound in the hand.

The hospital alerted police, but their man disappeared by the time officers arrived.

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

Montreal police examine the crime scene yesterday after a shot was fired outside the provincial courthouse. One man was taken to hospital with unspecified injuries.

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Comment

Hanging in the balance

Shift in national media spectrum on the horizon

NationalReport
Lawrence Martin

metronews.ca/nationalreport

It's barely been in the news, but one of the biggest political stories in a long time will likely happen this week. More than half the major newspapers in the country belonging to the Canwest chain are being sold off.

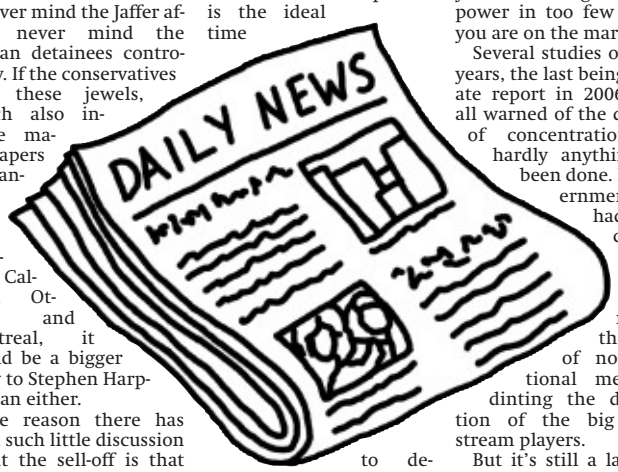
The winning bidder will gain enormous power — the capacity to shape national discussion.

The bidding process has been kept so quiet that little is known about the major candidates for the big prize.

But parties representing the right, the centre and the centre-left are apparently in the running.

The newspapers, including the National Post, have been under conservative direction since the late 1990s and have been of major benefit to that cause. Before that, when the Southam family owned many of the titles, it was of significant benefit to the other side.

Never mind the Jaffer affair, never mind the Afghan detainees controversy. If the conservatives lose these jewels, which also include major papers in Vancouver, Edmonton, Calgary, Ottawa and Montreal, it would be a bigger blow to Stephen Harper than either.



The reason there has been such little discussion about the sell-off is that media don't do an adequate job of covering media. The old cliché about nobody watching the watchdog applies. In this case, there's a good reason. Since many of the bidders already own large swaths of media, there's too much self-interest for the reporting to be seen as being objective.

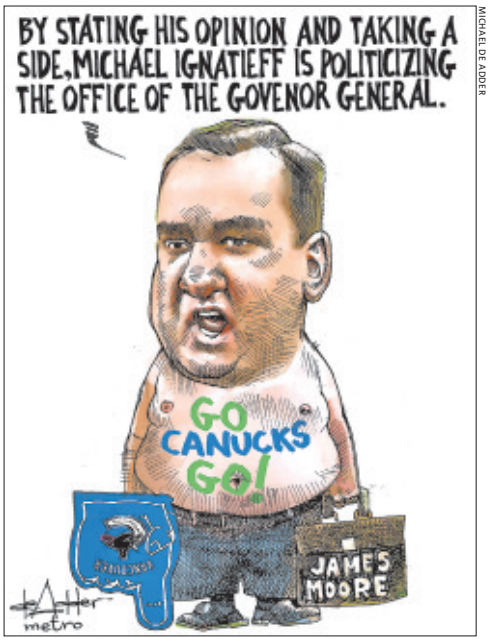
There is also, regrettably, no discussion about the issue of concentration of media ownership. This is the ideal time to debate the problem, but there has been none. The papers, apparently, are going to be sold in one big block, meaning the monopoly situation will continue, and perhaps worsen.

Media concentration in Canada is among the highest in any Western country. In the mainstream media, a small number of players control what we read, see and hear. If you're thinking too much power in too few hands, you are on the mark.

Several studies over the years, the last being a Senate report in 2006, have all warned of the dangers of concentration but hardly anything has been done. No government has had the courage to act. Fortunately, the rise of non-traditional media is dinting the domination of the big mainstream players.

But it's still a lamentable situation when one family or small group, no matter what side of the political spectrum they represent, can control most of the major newspapers in this country.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.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Quote of the Day

"I think it's extremely important that the people of the world know when other people in the world are suffering under war, under oppressive governments, in natural disasters."

– ETHAN BARON, SPEAKING YESTERDAY IN KANDAHAR, AFGHANISTAN, AS JOURNALISTS AND SOLDIERS ALIKE PAUSED FOR A MOMENT OF SILENCE TO MARK WORLD PRESS FREEDOM DAY BY HONOURING CANADIAN WAR CORRESPONDENT MICHELLE LANG, WHO DIED LAST YEAR WHILE COVERING THE CONFLICT IN AFGHANISTAN. THE CANADIAN PRESS

See metronews.ca for Christine Williams's In Step column — Devising a comprehensive sex ed curriculum

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Schreiber tax evasion case nears verdict

German prosecutors asked for 9½ years in prison for ex-lobbyist Karlheinz Schreiber on tax evasion charges related to a scandal surrounding Helmut Kohl. THE ASSOCIATED PRESS

World

Owner of car bomb SUV says he sold it

The registered owner of an SUV that was parked in Times Square and rigged with a crude propane-and-gasoline bomb told investigators he sold the vehicle to a stranger for cash three weeks ago, a law enforcement official said yesterday.

The owner, who lives in Connecticut, was questioned Sunday about his sale of the dark-coloured 1993 Nissan Pathfinder to a man he did not know, the official told The Associated Press.

The official spoke on condition of anonymity because the investigation into the botched bombing is at a sensitive stage.

Officials say the owner, whose name has not been released, is not considered a suspect into the bomb scare that forced thousands of tourists to be cleared from several streets in the heart of Times Square Saturday night.

New York Police Department spokesman Paul Browne confirmed yesterday that investigators had spoken to the registered owner, declining further comment.

Investigators were still searching for the driver.

THE ASSOCIATED PRESS

Making tracks

- The vehicle identification number had been removed from the Pathfinder's dashboard, but it was stamped on the engine and axle, and investigators used it to find the owner of record. They also tracked the licence plates to a used auto parts shop in Stratford, Conn.

Memorial **Royal appreciation**

VINCENT JANNINK/THE ASSOCIATED PRESS

The Netherlands' Queen Beatrix, left, speaks with Canadian Second World War veteran Harry Watts, 86, from Kitchener, Ont., after memorial ceremonies yesterday at the Canadian War Cemetery in the eastern Dutch town of Groesbeek. The event was in honour of Canadian soldiers who died during the liberation of the Netherlands in 1945.

Germany offers $29.6B US for Greece bailout

FINANCIAL CRISIS German Chancellor Angela Merkel says her country will provide $29.6 billion US to help bail out Greece over a three-year period, part of a wider plan aimed at keeping Greece afloat and protecting their shared euro currency.

Speaking to reporters in the German capital, Merkel said yesterday the money would do more than just assist Greece.

She said it will help the "stabilization of the euro as a whole and, therefore, help the people of Germany."

The remark was a nod to the popular discontent in Europe's biggest economy about having to pay so much to help a fellow European Union country that many Germans feel has been fast and loose with its finances for years.

THE ASSOCIATED PRESS

Mum's the word: Chinese tight-lipped as Kim Jong Il reportedly visiting China.

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12 world

Thailand PM sets conditional election date

Thai Prime Minister Abhisit Vejjajiva proposed a Nov. 14 date for the polls if protesters accept his reconciliation plan and stability is restored. THE ASSOCIATED PRESS

Korea **Smiling Buddha, Crying Apprentice**

LEE JIN-MAN/THE ASSOCIATED PRESS

A smiling young apprentice looks at another who is crying yesterday during a service to celebrate Buddha's upcoming birthday at the Chogye temple in Seoul, Korea. They are two of the eight children who have entered the temple to experience a monk's life for three weeks.

BP to grab cleanup tab

Company takes responsibility for oil spill response

British Petroleum PLC said yesterday that it will pay for all the cleanup costs from a massive oil spill in the Gulf of Mexico that could continue spewing crude for at least another week.

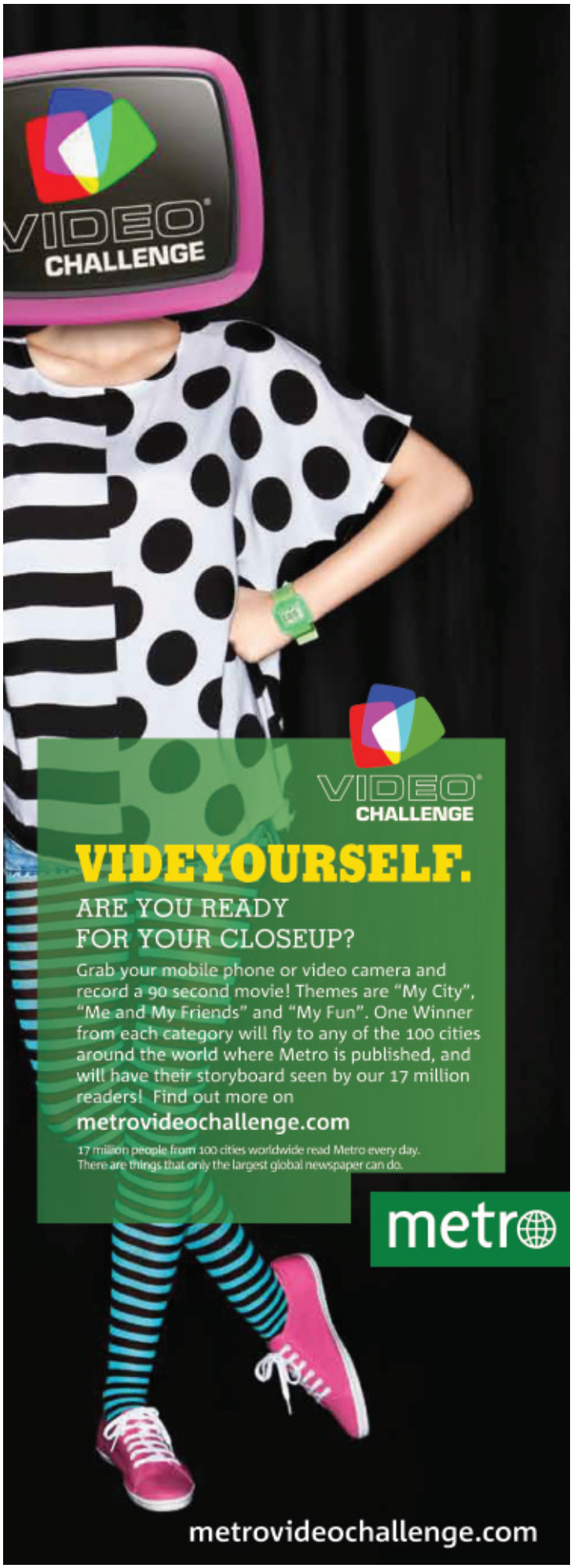
Meanwhile, chief executive Tony Hayward said yesterday that chemical dispersants have worked to some degree to keep oil from flowing to the surface, though he did not elaborate. He said on ABC's Good Morning America that the new approach seemed to be working. The company said it took responsibility for the response to the spill and would pay compensation for legitimate claims.

"We are responsible, not for the accident, but we are responsible for the oil and for dealing with it and cleaning the situation up," he said.

THE ASSOCIATED PRESS

Pointing fingers

- Tony Hayward said the equipment that failed on the rig belonged to owner Transocean Ltd., not BP, which operated the rig.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U.S. has plenty of nukes: Pentagon
The U.S. has 5,113 nuclear warheads in its stockpile and "several thousand" more awaiting the junk pile, the Pentagon said yesterday. THE ASSOCIATED PRESS

Iran talking tough

Ahmadinejad denies weapons program

Iranian President Mahmoud Ahmadinejad yesterday rejected allegations his country is developing nuclear weapons, saying Washington has offered not "a single credible proof."

In the first day of a monthlong conference reviewing the Nuclear Nonproliferation Treaty, Ahmadinejad dismissed charges that Tehran's uranium enrichment program is designed to produce bombs, long-standing suspicions that are leading the U.S. and others to seek another round of UN economic sanctions against Iran.

Addressing delegations of 189 treaty nations, the Iranian leader denounced the Obama administration's refusal to rule out the use of U.S. nuclear weapons.

"Regrettably, the government of the United States has not only used nuclear weapons, but also continues to threaten to use such weapons against other countries, including Iran," Ahmadinejad said.

He referred to the new U.S. Nuclear Posture Review's provision retaining an option to use U.S. atomic arms against countries not in compliance with the nonproliferation pact, a charge Washington lays against Iran.

Ahmadinejad also invited U.S. President Barack Obama to join a "humane movement" that would set a timetable for abolishing all atomic arms, weapons he called "disgusting and shameful."

As the Iranian president spoke, the U.S. delegation, of working-level staff, walked out of the General Assembly hall, as did several European delegations, including the French and British. THE ASSOCIATED PRESS

Canada boycotts speech

Canada's Lawrence Cannon boycotted a speech by the Iranian leader during a United Nations conference about nuclear proliferation. Cannon says he was "extremely disappointed" in Ahmadinejad's remarks, calling it "the same speech, the same aggressive tone." THE CANADIAN PRESS

Conviction in Mumbai terror attack

CRIME An Indian court yesterday convicted a Pakistani man of murder and waging war for his role in the 2008 Mumbai terror attacks that left 166 people dead in the heart of India's financial capital. Two Indians accused of helping plot the attacks were acquitted.

Mohammed Ajmal Kasab was the lone survivor of the attack's 10 gunmen. THE ASSOCIATED PRESS

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Mining company says African facility will produce ore sooner than expected

Iamgold Corp. says its Essakane mine in West Africa will begin processing ore in June, ahead of schedule and within the $443-million budget. The Toronto-based company owns 90 per cent of Essakane and the government of Burkina Faso owns 10 per cent of the gold mine. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Carmaker flaunts sales numbers

AUTO SECTOR Chrysler Canada says soaring April sales are evidence the automaker is rebounding from the depths of last year's downturn when it filed for bankruptcy and was forced to restructure using government bailout money.

Chrysler Canada said its April sales jumped 35 per cent to 20,630 vehicles, up from 15,311 in the same month last year and the highest level since June 2008.

Chrysler was among a number of automakers reporting bumper sales last month, including Ford Canada, which saw its sales rise 24.5 per cent compared with last year, and Hyundai Canada, which reported its best monthly sales volumes ever. THE CANADIAN PRESS

No impact on Canadians

Experts say airline merger not likely to affect country's carriers

The proposed merger between United and Continental airlines shouldn't have a significant impact on Canadian travellers or the country's two dominant carriers, experts said yesterday.

Since both U.S. airlines are members in the Star Alliance — along with Air Canada — the union creating the world's largest airline shouldn't have any material operational impact on the Canadian carrier, said Cameron Doerksen of Versant Partners.

"If you listen to what United and Continental are saying, they don't have a lot of overlap in their network so I don't see that it's going to have any significant impact on Air Canada's schedule," he said in an interview.

JULIO CORTEZ/THE ASSOCIATED PRESS

Directors at Continental and United airlines have approved a deal that would combine them into the world's largest airline, a source with knowledge of the situation said.

Montreal's Trudeau Airport handles about 110 flights per week from United and Continental. United services Washington and Chicago, while its new partner services Cleveland and New York/Newark.

About 430 flights pass through Pearson Airport weekly.

"They have mostly unique destinations so we wouldn't expect a significant impact on flights," stated Trish Krale, spokeswoman for the Greater Toronto Airports Authority.

Officials from both airlines didn't immediately return calls seeking details of their service plans for Canada.

Air Canada said yesterday it would be premature to comment on the merger, while WestJet said it doesn't believe the merger will have an impact on the Calgary-based airline. THE CANADIAN PRESS

iPad's first month better than iPhone's

TECH Apple Inc. said yesterday it has sold one million of its new iPad tablet computers in the month after its launch, meaning it's been selling more than twice as fast as the iPhone did when it was new.

Apple said it reached the milestone Friday, when the new 3G model of the iPad was delivered to its first buyers. That model can access AT&T's cellular broadband network in the U.S. The first models had only Wi-Fi access. THE ASSOCIATED PRESS

Who's next after Google? China cracks down on Internet's "overseas hostile forces."

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Elaine Lee, CMA
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People are always telling Elaine Lee that she's not a typical accountant. Outgoing and a self-proclaimed "mover and shaker," Elaine's role as financial planner for the LCBO means she's involved in all aspects of the business. Whether it's retail planning or speaking in front of large groups of people, Elaine credits her CMA with giving her the tools to succeed. See Elaine's film at becomeacma.com.
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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Two is better than one

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

I was introduced to the concept of twos by an economics professor in Edmonton who specialized in buying small businesses. His method was to have at least two in hand to compare. His strategy wasn't just about getting the best deal.

Rather, he found that by having two legitimate contenders to evaluate, the emotion involved in buying was reduced. He also discovered that after putting two different companies through a rigorous analysis, he often chose the one that he had initially found least attractive.

I try to apply the same principle to houses, cars and other big ticket items. Even if it's love at first sight with a house and or a condo, for instance, have at least one other property to compare it with.

The comparison exercise often teaches you a great deal about your intended purchase.

Make a detailed list of the attributes of each contender from price to square footage, needed repairs or renovations, location, distance to work and services, taxes, utility costs, and other characteristics such as natural light and potential for expansion.

Next, go over the list thoroughly with your partner, friend or family member. This discussion will help you focus on what is really important to you.

Frankly, this strategy has saved me from buying the wrong house a couple of times and never fails to give me insight into what my family really needs and wants in a house, which is sometimes different than what we think.

The rule of twos works with cars as well. There aren't too many things more seductive than new wheels.

Isn't that exactly what auto designers are all about? Going through the rules of twos process will help you get beyond the glitz and glitter to the important points of mileage, resale value, repair record and suitability for your lifestyle.

Alison's Money Rule:

- When you're buying significant items such as cars and houses always have two on the table at the same time for comparison's sake.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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Planning to travel this summer? Whether it is within Canada or abroad, it is important to protect yourself against credit and debit card fraud.

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- Protect your PIN — When conducting a transaction at an ATM or making a debit card or credit card purchase, use your hand or body to shield the keypad when you enter your PIN — even if the device you are using has a visor.
- Don't bring more than you need — You don't need a wallet full of credit and debit cards on vacation. Only take the essentials with you — 2 or 3 credit cards and your debit card should be enough.
- Keep track of everything — Hang on to your receipts and keep them together. When your account statements arrive after returning home, review them to ensure all transactions and charges are correct.
- Only bank where you feel comfortable — Conduct your ATM and debit transactions when and where you feel most secure.
- If you've got it, don't flaunt it — Don't carry a lot of cash, and don't show off your credit or debit cards. Doing so may make you a target for fraudsters.
- Notify your card issuer — To discourage thieves from using stolen cards, your card issuer may deactivate your card if it the usage is not according to your regular pattern. Prevent this by letting your issuer know you are going on vacation and will likely use your card more often.

Shielding your PIN could save you from a major travel headache.

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On the web

Investing: Allan Small discusses the best ways to maximize your tax refund. Visit metronews.ca/investing

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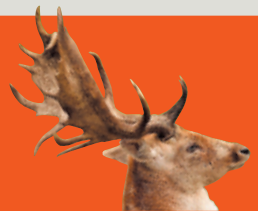
Roethlisberger spent weekend in clinic: Report

The Pittsburgh Post-Gazette reported yesterday that Ben Roethlisberger spent the weekend in a clinic being evaluated as part of sanctions handed down by NFL commissioner Roger Goodell. The newspaper cited an unidentified team source saying the evaluation will take days rather than weeks. THE ASSOCIATED PRESS

Sports



Deer give fans cause for fear

The Milwaukee Bucks' rallying cry — "fear the deer" — turned into a punchline Sunday afternoon when two deer burst through the glass doors of a Wisconsin restaurant as patrons watched a Bucks playoff game. The restaurant manager and a colleague managed to wrestle both deer to the ground and carry them outside and the animals ran off. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Lucic nets winner for Bruins

(Boston leads series 2-0)

Flyers 2 Bruins 3

Milan Lucic scored to break a third-period tie with 2:57 left and the Boston Bruins beat the Philadelphia Flyers 3-2 last night to take a 2-0 lead in the best-of-seven Eastern Conference semi-final.

Tuukka Rask made 24 saves for Boston.

Brian Boucher stopped 24 shots for the Flyers.

Game 3 is tomorrow night in Philadelphia.

Miroslav Satan had a goal and two assists for Boston, and Johnny Boychuk also scored for the Bruins, the No. 6 seed in the East that inherited home-ice advantage for the second round when the conference's top three teams were eliminated in the opening round.

Danny Briere scored for the Flyers, and assisted on Mike Richards' goal for his fourth straight multi-point game of the playoffs. THE ASSOCIATED PRESS

Flirting with perfection

Jays' Cecil throws six perfect innings against Indians

MLB RESULTS

Blue Jays 5 Indians 1

Brett Cecil took a perfect game into the seventh inning for the Toronto Blue Jays and settled for a 5-1 win over the Cleveland Indians last night.

The left-hander allowed one hit over eight innings, striking out a career-high 10.

Cecil (2-1) lost the perfect game when he walked Grady Sizemore with one out in the seventh. He then walked Shin-Soo Choo but came back to strike out Austin Kearns before Jhonny Peralta ruined the no-hitter and shutout with one swing. Peralta lined a 2-2 pitch to left field, scoring Sizemore to get Cleveland within 4-1.

Cecil was seeking to pitch only the 17th perfect game since 1900 and the first in Cleveland since the Indians' Len Barker did it against Toronto on May 15, 1982.

Toronto's only no-hitter was by Dave Stieb, 3-0, over the Indians at old Cleveland Stadium on Sept. 2, 1990.

Colorado's Ubaldo Jimenez pitched the only no-hitter this season, the first in Rockies history, over the Atlanta Braves on April 17.

AMY SANCETTA/THE ASSOCIATED PRESS

Toronto Blue Jays starter Brett Cecil throws a pitch last night during the first inning against the Cleveland Indians in Cleveland. The Jays won 5-1.

Kevin Gregg gave up a one-out single to Sizemore in the ninth. He walked Kearns with two outs, then fired a called third strike past Peralta on a full count to complete the two-hitter.

Before Peralta delivered in the seventh, the closest Cleveland came to a hit was a line drive by Matt LaPorta leading off the third inning that was backhanded by third baseman Jose Bautista.

Toronto hit three home runs off Mitch Talbot (3-2), giving the Blue Jays an AL-leading 41. THE ASSOCIATED PRESS

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS

Boston 3 Philadelphia 2

Vancouver at Chicago

TODAY'S GAMES

Pittsburgh at Montreal, 7 p.m.

San Jose at Detroit, 7:30 p.m.

NBA PLAYOFFS

YESTERDAY'S RESULTS

Boston at Cleveland

San Antonio at Phoenix

TODAY'S GAMES

Atlanta at Orlando, 8 p.m.

Utah at L.A. Lakers, 10:30 p.m.

BASEBALL

YESTERDAY'S AL RESULTS

TORONTO 5 Cleveland 1

N.Y. Yankees 4 Baltimore 1

L.A. Angels at Boston

Detroit at Minnesota

Kansas City at Chicago White Sox

Texas at Oakland

YESTERDAY'S NL RESULTS

St. Louis at Philadelphia

N.Y. Mets at Cincinnati

Arizona at Houston

Colorado at San Diego

TODAY'S AL GAMES

Baltimore at N.Y. Yankees, 7:05 p.m.

Toronto at Cleveland, 7:05 p.m.

L.A. Angels at Boston, 7:10 p.m.

Detroit at Minnesota, 8:10 p.m.

Kansas City at Chicago White Sox, 8:10 p.m.

Texas at Oakland, 10:05 p.m.

Tampa Bay at Seattle, 10:10 p.m.

TODAY'S NL GAMES

Atlanta at Washington, 7:05 p.m.

Chicago Cubs at Pittsburgh, 7:05 p.m.

St. Louis at Philadelphia, 7:05 p.m.

N.Y. Mets at Cincinnati, 7:10 p.m.

San Francisco at Florida, 7:10 p.m.

Arizona at Houston, 8:08 p.m.

Colorado at San Diego, 10:05 p.m.

Milwaukee at L.A. Dodgers, 10:10 p.m.

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Sharper returning to Saints

All-Pro safety Darren Sharper is returning to New Orleans for a chance to repeat as Super Bowl champion in 2010. The 34-year-old Sharper intercepted nine passes last season, returning three for touchdowns of 99, 97 and 42 yards. THE ASSOCIATED PRESS

Canadian draftees can't count on long CFL careers

DRAFT Agent Darren Gill has a simple message for his 14 clients who were selected Sunday in the CFL Canadian college draft.

Enjoy being selected and celebrate it. Understand, however, the odds for a long, productive CFL career are very, very long.

"Getting drafted is great," said the Montreal-based agent. "I'm not trying to scare anybody into thinking they won't make it.

"What I do want to instil in them is unless they're going in every day and doing that little bit extra it becomes more difficult to make a team. I do see in some cases that players feel draft position solidifies success and by no means does that work."

Gill has the numbers to back it up.

Between 2002 and 2007, Gill says 310 players were drafted by CFL teams. Just 33 became starters (10.6 per cent) while another 83 were backups (26.8 per cent) and 10 headed to the NFL (3.2 per cent).

Trouble is, 80 are no longer in the CFL (25.8 per cent) while a whopping 104 never played in the league (33.5 per cent). Combined, that accounts for nearly 60 per cent of the total players selected over that span.

"You'd assume with first-round picks their success would be guaranteed but that's definitely not the case," Gill said. "I really believe every player drafted into the CFL goes into training camp on the same foot regardless if they're the first pick in the draft or the last.

"Being a first-round draft pick doesn't automatically guarantee me anything."
Shomari Williams, first-overall pick

"Good or bad, there's no media pressure in the CFL for teams to keep players. We've seen teams draft four players and all four either go back to school or don't make the team and nothing is said. In the NFL, first- and second-round picks are expected to make the team and if one doesn't it's a pretty big story. That's not the case in the CFL."

Client Shomari Williams, a linebacker from Queen's who went first overall to the Saskatchewan Roughriders, hears Gill's message loud and clear.

"Being a first-round draft pick doesn't automatically guarantee me anything," Williams said. "I know I have to get ready for training camp and go there and contribute and prove that I'm worthy of that No. 1 pick.

"The numbers are surprising and just go to show you if you don't work hard and it all goes to your head you might not have a great career. I have to keep trying to get better every practice and every year."

THE CANADIAN PRESS

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EZRA SHAW/GETTY IMAGES

Detroit Red Wings goalie Jimmy Howard sprawls to make a save during Sunday's game against the San Joses Sharks in San Jose. Detroit hosts Game 3 tonight with San Jose leading the series 2-0.

Desperation time

Detroit counting on home games to turn tide

The San Jose Sharks traditionally fare poorly at Joe Louis Arena.

San Jose has won three of nine playoff games in Detroit, losing the last two in the 2007 Western Conference semifinals, and just five of 35 matchups during the regular season.

The top-seeded Sharks beat Detroit twice at home and will put the two-time defending Western Conference champions on the brink of elimination if they win tonight in Game 3 at the Red Wings' storied arena.

"Our history dictates that we haven't played well in that building, so we'll have to try to change that and overcome that situation," Sharks coach Todd McLellan said yesterday before the team travelled to Detroit. "There is a history and we're aware of it, but what happened has absolutely nothing to do with May of 2010."

5 Since falling behind Colorado 2-1 in the first round, San Jose has finally played up to its potential in the post-season by winning five straight with strong goaltending, tight checking and timely goals.

The Red Wings might not make it through much more of this month. Detroit goalie Jimmy Howard said he and his teammates can't let that happen.

"It's definitely a must-win game," Howard said moments after he stepped off the team plane, returning home for the first time in a week.

Joe Pavelski, who has become a playoff star, said San Jose has to want to win just as much as the Red Wings.

"They're a great team over there and they're desperate," Pavelski said. "It's important that we kind of match their desperation."

Detroit needs to figure out a way to slow down Pavelski, the first player to score more than once in three straight playoff games since Mario Lemieux did it in 1992.

Pavelski started his five-game goal-scoring streak in the first round against the Colorado Avalanche.

"This is what you think about when you're laying in bed a lot of times and you can't sleep," Pavelski said. "You want to score points. You don't know if they will keep coming like that. You can't worry about that. As soon as you feel you shouldn't be doing it, that's when it does stop."

THE ASSOCIATED PRESS

After week off, it's showtime for the Magic

NBA There has been no crowd for the games the Orlando Magic have been playing lately. No officials. No true opponent.

Not even a clock.

"That's the worst part," guard Vince Carter said. "You wish there was a clock up there and you could see it tick down. It's not. There's not even a score. It's just go, go, go."

Practice time is finally over.

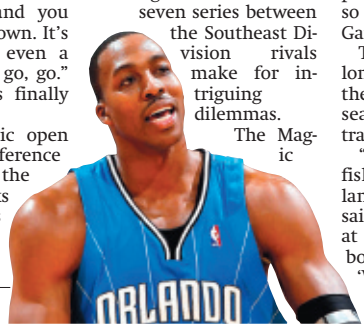
When the Magic open their Eastern Conference semifinal against the Atlanta Hawks tonight, eight days will have passed since they swept Charlotte. The Hawks needed the full seven games to get by undermanned Milwaukee, meaning they got a turnaround of little more than 48 hours.

The contrasting layoffs heading into the best-of-seven series between the Southeast Division rivals make for intriguing dilemmas.

The Magic have been simulating opponents' players in practice. They studied film and prepared last week as if they were facing Milwaukee when the Bucks led the series 3-2, then threw that information away, practising late Sunday just so they could wait until Game 7 finished.

The time off has been longer than anything they've experienced this season — even during training camp.

"It felt like we had went fishing for a minute," Orlando's Dwight Howard said, chuckling. "We was at home chilling. Everybody was at home like, 'When do we play again?'"



Dwight Howard

THE ASSOCIATED PRESS

Cammalleri gets hot at great time for Habs

NHL Michael Cammalleri picked the perfect time to rediscover his scoring touch.

Blanked in the final nine games of the regular season after returning from a knee injury, the left-winger has eight goals in nine playoff games and is one of the leading factors — behind Jaroslav Halak's goaltending — in the Montreal Canadiens' surprising run in the NHL playoffs.

A pair of Cammalleri goals helped the Canadiens earn a 3-1 victory Sunday for a split of the opening two games of their Eastern Conference semifinal series in Pittsburgh. Game 3 is set for tonight at the Bell Centre in Montreal.

Mike Cammalleri

"I guess I saved some for the playoffs," Cammalleri said yesterday. "When (the puck) is going in, everything goes in, and when it doesn't, nothing does.

"That's how it goes for goal-scorers."

The 27-year-old had five goals in Montreal's seven-game upset of the Washington Capitals in the first round, and he has kept it going against Pittsburgh, a stronger defensive opponent.

His goals Sunday were highlight reel material.

On the first, he kicked a rebound up and then batted it from the air over goaltender Marc-Andre Fleury to give Montreal a 2-1 lead. He made it 3-1 and sealed the victory when he took a puck off a defenceman's skate and drilled a high shot to the top corner.

THE CANADIAN PRESS

Sports in brief

LACROSSE A University of Virginia men's lacrosse player was charged yesterday with first-degree murder in the death of a women's lacrosse player at the same school. George Huguely, 22, has been charged in the death of Yeardley Love, 22, Charlottesville Police Chief Timothy Longo said. Both were seniors at the school.

BASKETBALL New Orleans Hornets majority owner George Shinn has reached a deal to sell his shares of the team to minority owner Gary Chouest, according to two people familiar with the negotiations.

THE ASSOCIATED PRESS

Mohawk College campus renewal project reflects shift in teaching philosophy
Mohawk College was front and centre on the front page of the Hamilton Spectator last week. The story focused on the college's Fennel campus renewal project, which includes focusing on the Centre for Learning, Entrepreneurship and Innovation, slated to open in January. METRO NEWS SERVICES

Workology

Prof evaluations going public

After years of debate, Dalhousie University has decided to share the results of course evaluations in all faculties with students this September. Dal uses the information collected from students when considering promotions and tenure for faculty members, but in the past has kept the results confidential. The university is still working out its rules, but professors have the option to not disclose their results, and there will be no commentary. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Toronto's next boom 'hood

High Park and Roncesvalles a youthful, dynamic and multicultural hub

Small Business City

RAFAEL BRUSILOW
for Metro Canada

With the great park as their backdrop, the neighbourhoods of High Park and Roncesvalles thrive on diversity and youth.

As both neighbourhoods enjoy a residential renaissance, businesses in the local area are seeing plenty of transformational changes.

A true icon of Roncesvalles, Granowska's (175 Roncesvalles Ave.) bakery and café has served Polish food and pastries for more than 38 years since it opened. Kathy Klodas helps run the family business and says the biggest change in Roncesvalles has been the embracement of multiculturalism — while the area is still recognized as the seat of Toronto's Polish community, it's hardly exclusively Polish anymore.

"It was a lot smaller and cosier here before and primarily Polish and German. Now there's a vast variety of people. It's more multicultural now and I think that's a great thing. I think diversity is beneficial, yet it's also nice that we get to continue to celebrate our traditions and cultures here," Klodas said.

Tony Cauch, chair of the Roncesvalles Village Business Improvement Area (BIA) says Roncesvalles Village has one of the highest birth rates in all of Canada, spurred on by the influx of young couples and families into the area.

He says the more than 240 local businesses are working hard to appeal to the changing demographics.

CONT. ON NEXT PAGE>

Don't miss Spaces and Places!

High Park-Roncesvalles will be the focus of this week's Spaces and Places feature in Metro Homes on Thursday. Don't miss it!

Granowska's bakery and cafe has been a staple of High Park and Roncesvalles for 38 years.

ALL PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

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NAIT opens Centre for Building Environment Technology

Last week, the Northern Alberta Institute of Technology officially opened the $4.5-million Gateway Mechanical Services Centre for Building Environment Technology with the unveiling of a plaque bearing the name of Bill Ohe, the founder of Gateway Mechanical Services. METRO NEWS SERVICES

<<CONT. FROM LAST PAGE

"We are known in Toronto as the Polish enclave and that's a unique thing about us but we've also become a lot more diverse. We want to attract young families and we're trying to appeal to a fairly broad cross-section of people," Cauch said.

Eva Bodura, owner of Eva's Flowers (119 Roncesvalles Ave.), says the street has become more vibrant since she opened 18 years ago.

"It's changing for the better — the street is nicer, people take care of their lots and businesses and things are moving forward. More non-Poles have started living here too and as the older Polish generation moved to places like Mississauga, the younger generation has stayed," Bodura said.

Just north of High Park, life is less hectic but local businesses still find their niche.

Movie Art Decor (1566 Bloor St. W.) owner Edward Guca also chairs the Bloor by the Park BIA and says High Park Village has a slower, neighbourly vibe that has done well with the arrival of more young families and more varied businesses into the area.

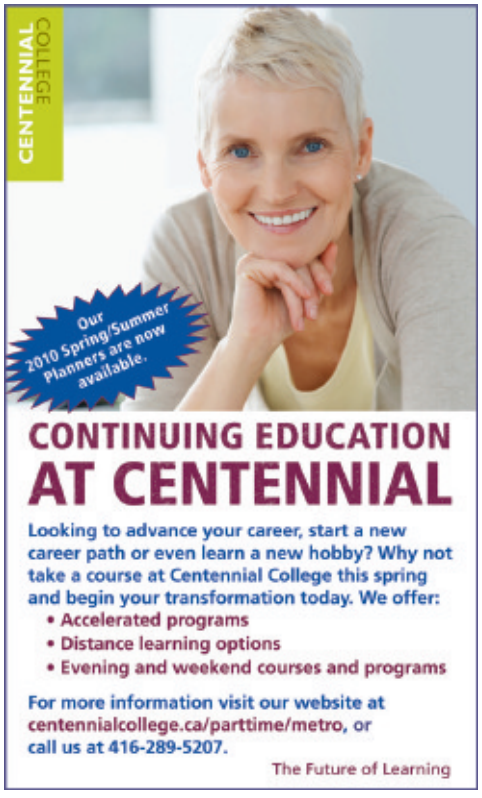
"It's changing for the better — the street is nicer, people take care of their lots and businesses and things are moving forward." Eva's Flowers owner Eva Bodura

"Fifteen years ago you wouldn't have seen many people on the street at all. Once we started the BIA we started getting lots of pubs and restaurants entering the area and now it's gradually evolved. It's still just approaching its teenage years as an area though — there's still a lot of potential," Guca said.

The low rents and an increasingly mixed demographic have helped for sure and Guca expects the new condominium developments entering the area soon should provide a major boost to local business as well.

Nigel Naimool manages the Whelan's Gate Irish Pub (1663 Bloor St. W.) and says while there still isn't as much to draw people in to the street-level businesses as other more established areas, the influx of new blood is definitely helping business so far.

"I've noticed a lot more young families moving into the area and the neighbourhood in general is in transition. Roncesvalles is also becoming very desirable to live in. Restaurants and other establishments are moving in and that should help draw even more people," Naimool said.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The Future of Learning

Customers shop at Eva's Flowers (119 Roncesvalles Ave.).

Whelan's Gate Irish Pub (1663 Bloor St. W.) manager Nigel Naimool says Roncesvalles is becoming a desirable place to live in.

ALL PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Edward and Wanda Guca (pictured at top, behind the counter) are the co-owners of Movie Art Decor (1566 Bloor St. W.).

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2365 Yonge St. (north of Eglinton)
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455 Danforth Ave.
25 Davenport Rd.
29B St. Joseph St.
727 Bloor St. W
1061 St. Clair Ave. W
1500 Royal York Rd.
1750 The Queensway
980 Albion Rd.
2610 Weston Rd.
5050 Dufferin St.
1184 Kennedy Rd.

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Mapleview Mall
Milton Crossroads Centre
420 Main St.

Brampton
Bramalea City Centre
2880 Queen St. E (Hwy. 7 & Airport Rd.)
55 Mountainash Rd. (Springdale Sq.)
80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
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3024 Hurontario St.
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Richmond Hill
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9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 10019 Keele St.
2 - 160 Cidermill Ave.
4000 Hwy. 7

Woodbridge
4220 Steeles Ave. W

EAST

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Fanshawe strategic plan focuses on expansion

As stated in its 2010-11 strategic plan, Fanshawe College is proceeding with an ambitious capital plan to add vital learning space and technology over the next five years. A key project under development is the Centre for Applied Transportation Technologies, for March 2011. METRO NEWS SERVICES

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Cooking up a storm in city's west end

MAT LECOMPTE
for Metro Canada

Something's cooking in the West End and there are lots of items on the menu.

At the Western Technical Institute in Bloor West Village, students in the Hospitality and Tourism program are cooking up a storm, and people are noticing.

In March, Grade 12 student Georgia Andrews won a Skills Canada cooking competition for her school. The victory earned her a spot in the regional finals at Humber College during April.

Although she had no expectations of winning the competition, Andrews said the enjoyment she gets from cooking kept her confident and relaxed.

"I wasn't nervous about it," she told Metro. "I was calm because it's something I like doing."

The menu Andrews had to create to take home the gold consisted of Risotto Milanese, Supreme/Frenched Breast of Chicken stuffed with Duxelle, Pan Gravy, Maple Glazed Carrots, Green Beans Amandine, Parsnip Puree and the chef's choice of dessert utilizing Choux Paste.

What makes the victory so impressive, says program head John Kilmartin, is that Western Tech's kitchen facilities are relatively simple compared to perennial champion Danforth College and Technical Institute.

In the last four years, however, the program has grown rapidly from three courses to 19. They also have a co-op program where students work in the kitchens of places like the Old Mill and the Drake Hotel. With the popularity, Kilmartin hopes more resources become available.

"Kids are wanting to move to a healthier lifestyle," he says to explain the rise in popularity. "They want to put away the junk food. Here, they get to eat what they make."

Instructor Lisa Marie De Rosa explains that along with receiving the necessary education to get them into college, the high school students also get to learn a valuable life skill. She says some of her students live on their own and knowing how to cook is very important.

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Georgia Andrews won the Skills Canada cooking competition for her school Western Technical Institute.

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Taking soreness out of your swing

CELIA MILNE
for Metro Canada

Does your back hurt when you play golf? You don't have to be in great shape to get on the links, but fitness is a huge advantage to your game. And will help you prevent back injury.

Think of Tiger Woods, who before dominating the celebrity gossip pages, dominated the pro circuit for many years and rarely took time off for injury. He used a mixture of weight training, endurance exercise and flexibility workouts to stay in tip-top shape.

Back pain is very common — affecting an estimated 60 to 80 per cent of the population at some point in their lives. When it already exists, it can be aggravated by the repetitive movements of the golf swing, and in some cases it can be caused by golf.

"Back pain will be exacerbated on golfers who are overweight, with poor flexibility, weak core strength and poor stabilization of the spine," says Patrick Handfield, president of Action Sport Physio Centre Ville and also a senior advisor to Cirque du Soleil in Montreal.

As you age, your joints become stiffer and the disks in your back become weaker with less absorption. Handfield suggests you bend your knees when you pick up your ball from the hole or set up your tee.

Besides developing a higher level of fitness, Handfield and other physiotherapists across Canada also suggest you warm up before playing.

GETTY IMAGES

Tiger Wood took time off recently for personal reasons but he rarely took time off because of physical injury. He prevented injuries by getting his body in shape before hitting the golf green.

Steve Mah, a physiotherapist and owner of Oakridge Physiotherapy in Vancouver, B.C., recommends dynamic stretching involving repetitive movement. For instance, swing a golf club back and forth.

"This is likened to warming up a car when you first start it on a cold morning," says Mah.

Kelly Parr, a physiotherapist at The Sports Medicine Specialists in Toronto, recommends warming up your back using side bends. After playing, he suggests static stretching, where you hold each pose for 30 seconds. This allows the body to maintain muscle flexibility following activity and reduces the degree of post-exercise stiffness the next day. Back pain and repetitive stress injuries can often be attributed to poor golf technique or biomechanics.

"For novice golfers and even experienced golfers, it is advisable to have your golf swing assessed to detect abnormalities that can be corrected to prevent potential injuries," says Mah.

If you have back pain that lasts more than three days, you should see a physiotherapist or physician, he adds.

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Having a hunched back can create long-term health problems

CELIA MILNE
for Metro Canada

Turn off the computer! Sit up straight! Our parents were right: Too much time spent hunched over electronic devices gradually affects our health.

In fact, says Toronto chiropractor Dr. Guy Bahar, bad posture can eventually deplete energy, cause pain, hamper breathing, affect the immune system, and lead to a lower self-image.

Bad posture affects 66 per cent of Canadians, and the number continues to grow, he says. He calls this Forward Head Posture (FHP) — forward displacement of the head over the chest, shoulders rounded forward, chest caved in and the upper back hunched over.

Even young people nowadays have some of the spinal characteristics of the elderly. Over time, FHP can lead to a swaying forward of the hips and hollowing out of the lower back.

"Our modern lifestyles are largely to blame," says Bahar. "Hours sitting hunched over computers, especially laptops, has lead to a Canadian population of FHP sufferers.

"Combine that with the excessive use of PDAs, Blackberries, handheld gaming and cellular phone texting devices, and it's not surprising that FHP is on the rise."

Bahar, who likes to be known as The Posture Doc, uses a four-step training method to correct posture. Fixing FHP leads to better posture, less pain, better sleep, and enhanced mood, he says.

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Running bare

ROMINA MCGUINNESS
Metro World News

Metro talks with Daniel Lieberman, Professor of Human Evolutionary Biology at Harvard University, about barefoot running.

Q What are the crucial differences between running barefoot and with running shoes?
A Most peoples' heels strike in modern running shoes. Heel striking causes the foot to collide with the ground suddenly and with lots of force. The force is equivalent to someone hitting you with a hammer on the heel with 1.5 to three times your body weight. The heel of the shoe makes this impact comfortable by spreading it over a longer period of time, but the impact remains. If you are barefoot or wearing minimal shoes, it hurts to heel strike, so you naturally switch to landing on the ball of your foot. Impact not only hurts but probably leads to repetitive stress injuries. We hypothesize that running in a barefoot style is not only more natural, but also may help avoid some repetitive stress injuries experienced by many runners.

Q Were humans really born to run?
A Yes! We've been running long distances for about two million years. Humans have many features — from head to toe that make us great at this long distance running. We can outrun just about every creature in the world over long distances, especially when it's hot.

Q What is the biggest problem with the modern running shoe?
A A factor possibly involved in some injuries is that many modern running shoes make it easy and comfortable to heel strike, but heel striking generates more impact than other kinds of landing styles. They also develop weak feet because many modern running shoes have stiff soles and arch supports, which enables the muscles of the arch to avoid having to work, and thus leading to weak feet, collapse of the arch, over pronation, and plantar fascistis.

Q Why are tribes such as the Tarahumara in Mexico, such skilled runners?
A They run either barefoot or in minimal shoes … in an impact free, natural way.

Q Can runners get seriously injured even when running barefoot?
A People shouldn't be scared of being barefoot, but the key issue is not about going barefoot or not, but if the heel is striking or if the forefoot/midfoot is striking. That said, if you land on glass, of course you can get hurt!

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The marriage myth

The J Spot

Josey Vogels

metronews.ca/thejspot

Married people live longer, happier, healthier lives.

At least that's what we're told the research says.

But Bella DePaulo — a social psychologist based in Santa Barbara, Calif., and the author of Singled Out: How Singles are Stereotyped, Stigmatized and Ignored and Still Live Happily Ever After — says that, scientifically, this simply isn't true.

For example, she says, much of the research looks only at those who are currently married.

Actress Jennifer Aniston is a divorced, single and fit as a fiddle.

GETTY IMAGES

"Those who divorce — well over 40 per cent who marry — are set aside," she explains.

"Those who got married and hated it get to leave the married group. But when those researchers compare the currently married to, say, the people who have always been single, they do not look only at the 50-some per cent who are most satisfied with their single lives."

DePaulo further challenges this research in her book and through her Living Single blog for psychologytoday.com.

"Why do we perpetuate the idea that marriage makes us happier and healthier?"

So, why do we perpetuate the idea that marriage makes us happier and healthier?

DePaulo believes that, as a society, this mythology about marriage is very appealing and comforting.

"The mythology says that if only you get married, you will live happily ever after and you will be healthier and live longer, too," she says.

"The mythology presents marriage as a magical solution: Find 'The One' and all of the important pieces of your life will fall into place."

And, in an age when women have more control than they used to over their financial security, their sex lives, and their reproductive potential, and that they can pursue all of those possibilities without marrying, adds DePaulo, the only way to continue to sell this myth is through psychological arguments.

"The mythology is that you can never know true happiness or the best of health unless you marry."

In fact, one could argue that marriage can even be detrimental to one's health.

As at least one happily married man I recently posed the question to can attest, the only health benefits he's discovered through being married is a "healthier" waistline.

While being happily married doesn't guarantee better health, there are things you can do to maximize the health benefits of being married. For tips, visit Josey's Sexcetera blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels

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LIZA HERZ
for Metro Canada

Let's be upfront here. We are not encouraging you to be that girl who wears full makeup to the treadmill (ick).

But while your workout should be about health and fitness, a little beauty enhancement and pleasure can also be part of your regime. What to add to your already over-stuffed gym bag? Read on.

1

The **THERMOS INTÄK HYDRATION BOTTLE** ($12.99, major retailers) holds over 700 ml of water, shows your fluid intake on an easy-to-read metre and allows for one-handed operation to let you hydrate effortlessly while going all-out on the elliptical machine.

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2

Get the most out of every minute spent *not* wearing high heels. **SOF SOLE AIRR INSOLES** ($29.99, Mark's, Sport Chek) have encapsulated air chambers to cushion your feet during high impact activities (think treadmill) plus a gel insert for comfort. Footie bliss.

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4

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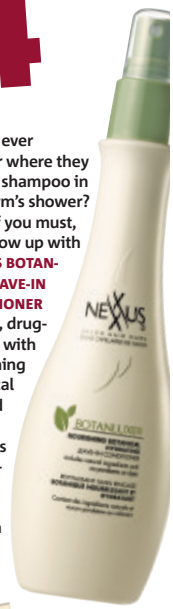

5

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6

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PHOTOS PROVIDED

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Food

Cheesecake AND pancakes!

Weeks after KFC made headlines — not entirely celebratory — by stacking two pieces of chicken around bacon and cheese, IHOP in the United States is introducing a limited-time dessert featuring two pancakes sandwiching a layer of cheesecake. IHOP's Pancake Stackers consist of a crustless cheesecake filling surrounded by two buttermilk pancakes and topped with a strawberry, blueberry or cinnamon apple compote and whipped topping. And yes, the meal can be a diet buster. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Homemade for mom

A tasty DIY gift of mussels, chicken and crumble

Mother's Day is coming up (it's this Sunday, for those of you who just panicked), and if you're short on cash, but big on love, a homemade meal may be just your ticket into the good books with mom.

Pair this impressive meal with a simple bouquet of flowers and a nice bottle of wine for a lovely DIY Mother's Day. - CHRISTY PENGILL

PHOTOS BY CARLO MENDOZA

Roasted Spice Crusted Chicken with Fennel, Parsley and Olive Salad. Left: Salsa-Steamed Mussels with Cilantro Broth.

Salsa-Steamed Mussels with Cilantro Broth

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:
- 2 Tbsp olive oil
- 1/2 cup diced red onion
- 2 garlic cloves, thinly sliced
- 1/2 jalapeno, seeded, finely chopped (about 2 tbsp)
- 1/2 pound diced tomatoes (about 1 cup)
- 3/4 cups white wine
- 1 lime zested and juiced
- 4 pounds mussels, scrubbed, debearded
- 1/4 cup coarsely chopped cilantro
- 1 baguette, for garnish

METHOD:

1. Heat oil in a large pot set over medium heat. Add onion, garlic and jalapeno and cook stirring often until onion and garlic are soft and translucent, about 4 minutes. Add tomatoes, wine, lime zest and juice, turn heat to high and bring to a boil.

2. Add mussels, cover with tight fitting lid and cook shaking pan often, until mussels are open, about 3-5 minutes. Use a slotted spoon to divide mussels between 4 large bowls. Stir cilantro into broth, season with salt and pepper and pour over mussels.

3. Serve with crusty baguette on the side for soaking up the delicious broth.

Roasted Spice Crusted Chicken with Fennel, Parsley and Olive Salad

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:
- 3 Tbsp olive oil
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp fennel seed, crushed
- 1 tsp ground sweet paprika
- 1 tsp brown sugar
- 1 tsp grated lemon zest
- 3/4 tsp ground cayenne
- 1/2 tsp minced garlic
- 1/2 tsp kosher salt
- 4 (5oz) boneless, skinless chicken breasts
- 1 cup fresh parsley leaves, stems discarded
- 1 fennel bulb, shaved, fronds chopped and 1 tbsp reserved
- 2 blood oranges, peeled and segmented, 3 tbsp juice reserved
- 1/2 cup black olives, pitted

METHOD:

1. Preheat oven to 450°F. Line a rimmed sheet pan with aluminum foil and set aside.

2. In a large bowl, combine 2 tablespoons olive oil and the next nine ingredients and stir until mixed. Add chicken and using hands or a rubber spatula, rub spice mixture all over chicken. Transfer chicken to prepared sheet pan and roast in oven until cooked through, about 15 minutes.

3. Meanwhile, combine remaining 1 tablespoon olive oil, parsley, shaved fennel and fronds, blood orange segments and juice, and olives in a large bowl and toss until thoroughly coated. Season to taste with salt and pepper. Divide salad among 4 plates and serve with sliced chicken breast.

This Cran-Apple Crumble dessert is sure to sweeten mom's day.

Cran-Apple Crumble

SERVES 4-6
PREP TIME: 10 MINUTES
COOKING TIME: 50 MINUTES
SUBMITTED BY CHRISTINE LUTEN, VERNON, BC

INGREDIENTS:
- 6 apples
- 3/4 cups fresh or frozen cranberries
- 1/4 cup sugar
- 1 tsp cinnamon
- 1/2 cup flour
- 1/2 cup oats
- 1/2 cup brown sugar
- 1/3 cup softened butter

METHOD:

1. Peel and slice apples into a buttered baking dish (approx. 8" by 8").

2. Sprinkle cranberries over the apples.

3. Sprinkle sugar and cinnamon the apples and cranberries.

4. Mix together flour, oats, and brown sugar. Blend in butter. Spoon over apples and cranberries.

5. Bake at 350°F for 50 minutes. Serve warm with vanilla ice cream.

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'Real food' survey

According to a national survey conducted by Hellmann's (in partnership with Ipsos Canadian Online Omnibus), 87 per cent of Canadians claim that at least half of their meals at home are prepared with real ingredients. METRO NEWS SERVICES

Cooking with humour

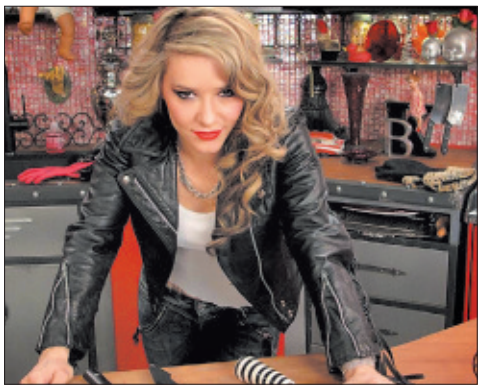
Bitchin' Kitchen stimulates the appetite and the funny bone

RICK MCGINNIS
for Metro Canada

The dazed, hedonistic '70s were probably the last time a cooking show actively tried to be funny as much as it wanted to stimulate your appetite.

The reeling, mugging antics of Graham Kerr's bibulous Galloping Gourmet were as calculated for belly laughs as tummy grumbles, but Montreal's Nadia Giosia, who wasn't even born when Kerr quaffed wine while risking life and limb with unsteady flambés, is hoping to bring the funny back to food television with her show Bitchin' Kitchen.

A veteran of skit comedy and improv, Giosia created her alter ego, Nadia G, out of her own Italian-Canadian upbringing, and surrounded her with a garish kitchen set, an eye-popping wardrobe, and a supporting cast of equally strident comic caricatures, most of whom (Panos the Greek butcher and fishmonger and the Spice Merchant, an Israeli with an unpronounceable name) also ardently mine a rich vein of ethnic humour.



Bitchin' Kitchen host Nadia Giosia, a.k.a. Nadia G.

"It's not even worth calling them characters," Giosia says over the phone from Montreal, "because we're about one glass of chardonnay away from the real person. When we were casting for this show friends recommended other friends to come, and we built our characters based on Panos and Yeres, uh, Yiris — whatever his name is.

"I'm really close to my on-screen character. I write all this stuff and you always want to write about what you know. I'm not constantly prancing around in three inch heels in my own home, but when I'm on I'm on."

Originally pitched as a TV series, Bitchin' Kitchen took a detour onto cell phones and the web, winning acclaim and awards for its short, fast mobile phone episodes before attracting the attention of a U.S. publisher for a cookbook and Canada's Food Network for a full-length version. "The TV series is so much fun because you have a bigger budget to work with and you can create skits and songs and really expand on the theme."

For Bitchin' Kitchen air times visit food network.ca

The themes – break-ups, poverty, hangovers, family meals — are riffed on mercilessly, but the recipes always work, and often come from Giosia's home life, which was filled with food.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Liqueur for mom

When I was little I asked my mom why there was a Mother's Day and not a Kid's Day. She, of course, said it was because every day was Kid's Day. The older I get the more I realize how right she was.

Though I'm positive my booze appreciation gene came from her side of the family, mom isn't much of drinker. She does enjoy a glass of cream liqueur (served over ice) so come Mother's Day I try and surprise her with something different.

Ireland's Bailey's is the benchmark for everything creamy so you'd think they'd leave well enough alone. Nope. **Bailey's Mint Chocolate** ($27.99 - $29.99) takes the original Irish whiskey-based recipe and actually enhances it with minty mocha flavours, while **Amarula Cream** ($25.95 - $27.95) from South Africa uses the indigenous marula fruit to make its refreshingly fruity liqueur.

The latest edition to the cream lineup is **Cadbury Caramilk Liqueur** ($27.99 - $29.99) from New Zealand. It's the liquid version of the popular chocolate bar. While I don't think there's any secret to how they get it in the bottle; in the glass it tastes much like you'd expect if you've ever tasted the candy version.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

ADVERTISING FEATURE

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Don't ask Norma Winters, a Canadian dairy farmer, how long her family's been in the business. "I've lost count of the generations," she says. "But the piece of land I work on today is the same one my grandmother worked on. We've always liked the security of knowing where our food comes from and how it's made."

Norma and her husband, Alan, run a dairy farm in Cornwall, Ontario. It's not a big farm — just 500 acres and 100 head of Holstein cattle, about 40 of which are milked — but it's enough for them. As Norma explains, it's better to do a few things and do them well.

"We grow our own produce, but all of it goes to feeding the animals," says Norma. "Our focus is solely dairy production. And it has to be because the Canadian dairy industry's standards are so high."

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Norma and Alan's day begins at 5 a.m. Cows are milked twice a day, usually eight at a time, in a special compartment within the barn. On one side, four cows are hooked up to sterilized milking equipment; on the other side, four more are prepped with a disinfectant wash. When milking is complete, a cow's udder is disinfected again. These measures are part of the job, as are regular veterinary care, a balanced diet, and humane treatment for the cattle.

Norma and Alan are proud of their work, especially when they see the '100% Canadian Milk' symbol displayed on hundreds of dairy products. "We provide safe and nutritious food for our fellow citizens," Norma explains. "And even the biggest cities are no more than a 30-minute drive from farmland. So when you buy Canadian dairy products, you're truly supporting your local economy. The symbol reminds us we're all in this together and guarantees that we are buying products made from 100% Canadian milk – renowned for its purity, high quality and great taste."

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Swift a CoverGirl
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Entertainment

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TV star, model, actress and trendsetter Kim Kardashian makes her Canadian debut in an on-air appearance on The Shopping Channel for the official Canadian launch of her signature fragrance today.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Gwyneth Paltrow, left, and Scarlett Johansson play the crackerjack ladies of Iron Man 2.

The women of steel

Paltrow, ScarJo hold their own opposite Iron Man

NED EHRBAR
Metro World News

Gwyneth Paltrow reprises her role as Pepper Potts in Iron Man 2, playing the long-suffering assistant to Robert Downey Jr.'s eccentric billionaire, Tony Stark. But this time around, Paltrow isn't the only woman on the scene, with Scarlett Johansson stepping in as a mysterious new employee at Stark Industries. Despite rumours about catfights on set, Paltrow insists she was glad to have Johansson there with her.

Q Was it nice having another woman in the film?

A I think it's great for the movie. I really loved having another girl on set, because last time it was such a boy's club. And I love the fact that she's, like, a powerful, smart superhero type of girl. When I think of my daughter seeing the movie, I'm so happy that Scarlett has that part. It's like, finally a girl getting to do something.

Q Were you jealous that you didn't get to kick some butt, too?

A No, no. I'm too old for that now.

Q Why do think do you think there were reports of you two not getting along?

A I have no idea. One day on set, Scarlett and I were sitting there having a cup of coffee, and Jon Favreau started making jokes, like, "Oo, there's a reconciliation." I was like, "What are you talking about?" And he's like, "Oh, haven't you see all the tabloids? Apparently you guys are cat-fighting." The tabloids have to write so much stuff. They're trying to keep up with blogs, and it's like everyone needs to write about something, so literally they just invent things. Almost everything I read about myself or hear about myself is invented these days.

> **"Kissing Robert (Downey Jr.) was like kissing my brother."**
> Gwyneth Paltrow

Q Is Robert Downey Jr. a good kisser?

A Kissing Robert was like kissing my brother or something, you know? He's one of my best friends, I'm very close with his wife.

Q You've taken a lot of flack for speaking out about environmental and cosmetic issues. How do you handle that?

A To be honest, I really don't pay too much attention. Of course, if you say something that's going to cut into somebody's profits, especially in corporate America, you can expect to be attacked for that.

Q Speaking of environmental issues, do you try to make your home carbon neutral?

A We try. It's hard. We have some solar power, and we have a wood-burning stove with a back burner that heats hot water. You know, we do what we can, but ... we live in the real world and it's going to be a slow process to change toward that kind of lifestyle.

World of Black Widow

Iron Man 2 opens this week

• Scarlett Johansson admits that joining a comic book franchise — and taking on a butt-kicking character like Black Widow — was something of a challenge. "This was a whole new bag of tricks for me. It came out of left field. It was a lot to immerse myself in," she says. "Training like that is hard. It's a lot of work. You basically suck until you get it right."

But she was committed to getting it right — and doing as much of the stunts herself as possible.

"You're asked to just completely abandon everything that you think about this person and go with the story," she says, putting herself in the audience's shoes.

"And then all of a sudden they do a fight sequence and you only see the back of their head and you go wait a minute! I want the money shot! I want to see them fight! I didn't want to be the back of the head."

While still quite young, Johansson is something of a veteran in the film world, having made her debut at age 10. And she's learned how to not get overwhelmed by the demands of the movie business.

"I've been doing this for a long time, and it's not that I'm jaded by it, but I think more that I've learned to pace myself," she says. "It's very, very exciting to be a part of this. But you know, I live a very low-key lifestyle. I'm going to go home, I'm going to clean up. Maybe I'll make dinner or have dinner with friends or whatever. I'll get to bed and it will be the same thing tomorrow. It's a job, really."

> **"This was a whole new bag of tricks for me."**
> Scarlett Johansson

And part of that job now is finding a way to transition into more mature roles, she says. "I'm sort of in a transitional phase of my career. I'm 25 and I've been acting in movies for a long time, and I've certainly played the ingenue in every capacity in every different incarnation," she says. "I'm looking forward towards playing the woman, as opposed to the young woman."

Iron Man 2 is a part of that new phase, she insists. One aspect of the film that Johansson was particularly thrilled about was what was left out about Black Widow.

"We know nothing about her romantically in this film," she points out. "It is refreshing."

NED EHRBAR/
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Baldwin to host SNL

30 Rock star Alec Baldwin told a reporter at the White House Correspondents' Dinner he will be hosting the May 15 season finale of Saturday Night Live. EW.COM

Franco unveils SNL doc

It was Saturday Night Live on a Sunday afternoon, as James Franco's SNL documentary screened at the Tribeca Film Festival.

The actor introduced his film just blocks away from the sketch comedy show's Rockefeller Center home. His film, Saturday Night, documents a week in the life of the show — in particular, the December 2008 week hosted by John Malkovich. Franco, who has twice hosted SNL, said he wanted to find out "what that mysterious comedy process was." It began as a seven-minute school assignment for Franco, who was studying film at New York University, but grew into an hour-and-a-half documentary that premiered at the South By Southwest film festival.

It follows the episode from the Tuesday morning pitch meeting in the office of creator Lorne Michaels, through the table read and dress rehearsal, and finally to the live show. (The process starts anew Tuesday when Betty White begins her week as host.)

Granted access that few, if any, have been given, Franco captures — mostly in intimate, handheld footage — cast members like Bill Hader and Will Forte creating sketches in the early morning hours.

Franco

He shows the rigorous process that, on this week, whittles 50 sketches down to nine.

Franco also captures Casey Wilson bringing a poorly planned sketch to table read, where she's met by crickets.

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ALLIANCE

Seth Green gets hitched

Seth Green is officially off the market: The actor married model/actress Clare Grant on Saturday. Green and Grant tied the knot at a private vineyard in Northern California, according to a source. **PEOPLE.COM**

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DVD picks

Nine

Director: Rob Marshall

NINE IS A fractured film about creative and coital conundrums that is best sampled like an array of Italian gelatos. In other words, don't complain about how it all works, just enjoy the yummy bits.

There are plenty of them, mainly the songs by Kate Hudson and Marion Cotillard, but let's get what plot there is out of the way first.

Daniel Day-Lewis is Guido Contini, a Fellini-esque moviemaker in mid-1960s Rome whose best work is behind him, as everybody keep reminding him. We meet this rogue charmer, "Maestro" as he's known, as he's giving a press conference in Rome's Cinecitta Film Studios.

On the cusp of 50, Guido is in the midst of a full-blown midlife crisis, more from his inability to keep his pants on than writer's block. Rather than begin the epic film Italia that is to be his latest and greatest project, once again starring his sultry muse Claudia (Nicole Kidman), he flees Rome in his vintage convertible Alfa Romeo and takes refuge in a swank seaside resort.

Here Guido, like Dickens' Scrooge, must confront his past, present and future – but Scrooge was fortunate in only having to deal with ghosts.

Guido's vexations are all flesh-and-blood, although some of them — notably Sophia Loren as his mother — also appear in his vivid fantasies.

He begins his follies by foolishly inviting both his wife (Marion Cotillard) and his lover (Penélope Cruz) to join him.

Marshall's casting is the real draw of Nine. With the exception of Loren, none of his choices are Italian, which could have been a liability in the hands of a less creative director.

Peter Howell/for Metro Canada

TO 5/4/10 — primetime / news / sports / family / cable variety

Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		Unforgiven (N)		100 Greatest Discoveries		Agenda-Paikin
211	331	3	GTV	Entertainment	ET Canada	NCIS "Obsession" (N)		Glee "Bad Reputation"		The Good Wife "Mock"		News Hour
215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
210	302	6	CBC	NHL Hockey Playoffs: Teams TBA. (HDTV) (Live)						CBC News: The National		The Hour
214	344	7	CITY	Law & Order: SVU		The Biggest Loser The contestants get makeovers. (N)				Parenthood (HDTV) (N)		News
212	313	8	CTV	etalk	Access H.	American Idol		Lost "The Candidate" (N)		Law & Order: SVU		CTV News
218	345	11	CHCH	*The Adventures of Rocky and Bullwinkle* ★ (2000, Comedy)				*Stormy Monday* ★★ (1988, Crime Drama) Melanie Griffith.				News at 11 (N)
-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
213	326	15	SUN	Old Christine	The Insider (N)	Last Bride	Positive Living	Forensic Factor		The Insider	Dream Car	Becker
-	387	16	CBS	Inside Edition	Access H.	NCIS "Obsession" (N)		NCIS: Los Angeles (N)		The Good Wife "Mock"		News 4 at 11
-	385	17	NBC	Entertainment	The Insider (N)	The Biggest Loser The contestants get makeovers. (N)				Parenthood (HDTV) (N)		News
-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars		Lost "The Candidate" (N)		(10:02) V (HDTV) (N)		News
219	346	20	ACH-B	Degrassi: Next	TMZ (N)	Dancing With the Stars		The Middle (N)	Old Christine	(10:02) V (HDTV) (N)		A News
-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol		Glee "Bad Reputation"		Seinfeld	Two/Half Men	The Simpsons
-	388	61	PBS	PBS NewsHour	Foot in Grave	NOVA (HDTV) (N)		Frontline (N) (DVS)		Genghis Khan		Business Rpt.
297	652	330	WPX	Two/Half Men	Family Guy	90210 "Meet the Parent"		Life Unexpected (HDTV)		PIX News at Ten (N)		Two/Half Men
296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: The National		National
500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
509	504	79	CNB	Kudlow Report (N)		Marijuana Inc.: Pot Industry		The NEW Age of Wal-Mart		Biography on CNBC "Sears"		Mad Money
405	417	22	net	MLB Baseball Toronto Blue Jays at Cleveland Indians. From Progressive Field in Cleveland.						Sportsnet Connected		Hockey Central
400	400	30	TSN	NHL Hockey						SportsCentre (HDTV)		
411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters		Destin. Truth
417	406	81	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)		NASCAR Hall of Fame (HDTV)		Dangerous Drives (HDTV)		Pass Time
551	542	25	YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
554	544	45	TEL	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.
556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
602	567	27	W	Supernanny		Style by Jury	Beauty	Beauty Call	Style by Jury	*When Love Is Not Enough: Lois Wilson*		
570	580	29	MM	Gossip Girl (HDTV) (N)		On Set: Girl	My Date With...	disBAND	Muchmusic Countdown			UR11
615	520	31	A&E	The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		CSI: Miami
700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto di Polizia		David Rocco	Italian Gardens	George Lopez	George Lopez	Lopez Tonight
571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	Family Jewels
575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
616	521	39	SHO	Relic Hunter		*Anna's Storm* (2007, Action) Sheree Wilson.				Californication	Secret Diary	NCIS
620	523	40	BVO	Bravo!Videos	Arts & Minds	The 2010 JUNO Awards Billy Talent, Blue Rodeo, Drake.				Spectacle: Elvis		Law & Order
601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
522	506	43	HIS	Aftermath (HDTV)		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus Effect		Storm Planets
625	548	44	COM	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
600	564	46	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes/Homes
294	529	47	TBS	Family Guy	Family Guy	House/Payne	House/Payne	Law & Order: SVU		Seinfeld	Seinfeld	*Galaxy Quest*
576	582	49	BET	106 & Park: BET's Top 10 Live		*Bad Boys* ★★★ (1995, Action) Martin Lawrence.				Tiny & Toya	Tiny & Toya	Mo'Nique
627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium "Sal" (HDTV) (N)		Supernatural (HDTV) (N)		InnerSpace (N)
581	566	52	MTV	The Hills	After	Cribs	Teen Cribs	My Life as Liz	The Hills	The Hills	After	MTV Live
618	524	54	TROP	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer		End of Leash	Last 10	Tube Tales
603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible (N)		Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant
261	394	60	V	Murder, She Wrote		May-December	When I Laugh	SOUL "Seducing Spirits"		Unscripted (N)	Crazy for Love	Doc "Pilot"
621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
526	507	249	VIVA	Cold Case		Missing "M.I.A"		Medium		Cold Case		Psychic Inv.
300	601	301	M1	*Flash-Genius*	(7:20) *The Building* (2009, Drama)			*Duplicity* ★★★ (2009, Romance-Comedy) Julia Roberts.				*Crank: High*
305	612	306	PIX	*Turning Paige* ★★ (2001, Drama) Katharine Isabelle.				*Planes, Trains and Automobiles* (1987)			(10:40) *The Cusp* ★★	
520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch "Sea Tested"		Daily Planet
637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
605	-	-	FASH	Story Of Spice Girls.		FashionTele	RAW	FT Found Footage		America's Next Top Model		Fashion-Uncut

critics' corner

Four Christmases

The jig is up for a family-avoiding couple whose usual holiday getaway is foiled by fog in this limp yuletide comedy helped by a strong cast. A spontaneous television interview reveals they couldn't leave San Francisco for Fiji, so they feel obligated to visit each of their divorced parents ... his played by Robert Duvall and Sissy Spacek, hers by Jon Voight and Mary Steenburgen. 11:30 AM on M1

Parenthood

Jasmine and Crosby's relationship heats up, leaving them unsure about how to explain it to Jabbar. Sarah stumbles on Zeek's financial problems. Haddie turns to Amber for boyfriend advice in the new episode "Namaste No More." 10 PM on NBC CITY

V

Erica, Ryan, Father Jack and Hobbes learn that Anna has sent a shuttle filled with a lethal V tracker team to find them, forcing them to come up with a strategy to keep the craft from landing. Anna gives Tyler his invitation to the Live Aboard program. Chad confronts Father Jack in the new episode "Hearts and Minds." 10:02 PM on ABC ACH-B

Actress Redgrave dead at 67

Redgrave

PEOPLE Lynn Redgrave, independent player in her family's acting dynasty who became a 1960s sensation as the freethinking title character of Georgy Girl and later dramatized her troubled past in such one-woman stage performances Shakespeare for My Father and Nightingale, has died. She was 67.

Her publicist Rick Miramontez said Redgrave died Sunday at her Manhattan apartment. In 2003, Redgrave had been treated for breast cancer.

Her death comes a year after her niece Natasha Richardson died from head injuries sustained in a skiing accident and just a month after the death of her brother, Corin.

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Sweetin expecting another child
Jodie Sweetin is going to be a mom again. The actress — who has a two-year-old daughter, Zoie, with ex-husband Cody Herpin — is expecting a baby with her boyfriend of one year, Morty Coyle, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Elin spotted in Sweden

TIGER SPOTTED SOMEONE ELSE, ER ... SOMEWHERE ELSE Confirmed: Elin Woods is in her homeland of Sweden, thousands of miles away from estranged husband Tiger Woods, us-magazine.com reports.

With no bodyguards in sight, Elin, 30, was photographed jogging solo in her native country on Saturday; wearing a black tracksuit and white cap, she listened to tunes on her iPod as she ran.

It's the first known photo of Elin since she took her kids Sam, 2, and Charlie, 15 months, to the Scandinavian nation on April 19.

The threesome is visiting with her family, but fast-and-furious construction also continues at a $3 million US seaside estate Elin recently purchased.

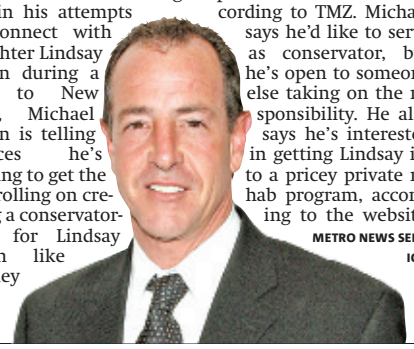
"She and the kids are going to be spending most of the summer there," a family source tells Us. "Without Tiger."

METRO NEWS SERVICES

Lohan wants control of Lindsay's finances

AT LEAST HE'S BEING OPEN ABOUT IT NOW After striking out in his attempts to connect with daughter Lindsay Lohan during a trip to New York, Michael Lohan is telling sources he's looking to get the ball rolling on creating a conservatorship for Lindsay much like Britney Spears' dad did for her, according to TMZ. Michael says he'd like to serve as conservator, but he's open to someone else taking on the responsibility. He also says he's interested in getting Lindsay into a pricey private rehab program, according to the website.

METRO NEWS SERVICES



Follow these celebrities on Twitter...

CelebTweets

COURTNEY LOVE is dispelling rumours which she started herself, **JUSTIN BIEBER** is always learning new things and **BEN STILLER** doesn't see a Zoolander sequel happening

@CourtneyLoveUK i did not date gavin while he was engaged to gwen and im sure he appreciated being rated as a good kisser.
@justinbieber Really (vocab word) "detest" early mornings...
@RedHourBen Ron Burgundy and Derek Zoolander looking to appear in sequels. Both men destitute, without means or intellect to fund their own comebacks.

METRO NEWS SERVICES

Shields wants another child

THEY SHOULD CAP CELEB KIDS Brooke Shields is eager to add another child to her family, according to Page Six. The actress was recently spotted gushing over a toddler. METRO WORLD NEWS

Douglas looking at the bright side of jail term

I'M NOT SURE THOSE ACTUALLY IN PRISON WOULD AGREE Michael Douglas is trying to view his son Cameron's five-year jail sentence on drug charges as a blessing in disguise, femalefirst.co.uk reports.

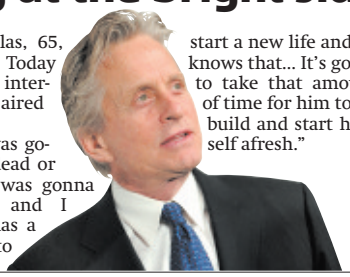
"My son has not been sober for this length of time since he was 13 years old," Douglas, 65, tells the Today show, in an interview that aired Monday.

"So he was going to be dead or somebody was gonna kill him, and I think he has a chance to start a new life and he knows that... It's going to take that amount of time for him to rebuild and start himself afresh."

Cameron Douglas, 31, was arrested last year for allegedly dealing methamphetamine.

Last month, he was sentenced to jail time for conspiring to sell crystal meth and for being in possession of heroin.

METRO NEWS SERVICES



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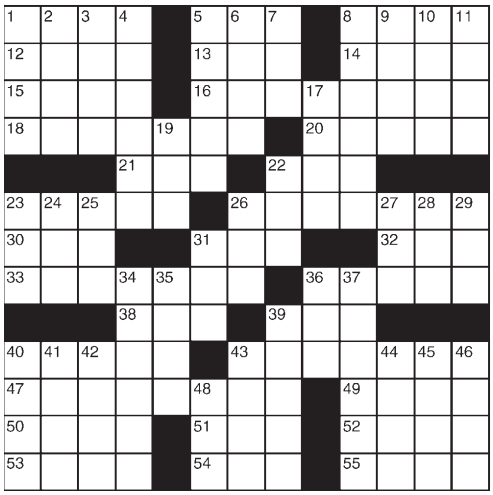


ACROSS

1 Use a teaspoon
5 G8 member
8 Church section
12 Last few notes
13 Fresh
14 Ring out
15 Quite enthusiastic
16 "Arena" for rough estimates
18 Teen at a shopping center, often
20 Haven
21 Melody
22 Unhealthy
23 Pollster's find
26 Corridor
30 Lemieux milieu
31 Old English double-U
32 Time of your life?
33 Roadside emergency phone
36 "Nonsense!"
38 Diving bird
39 Baby food
40 Oodles
43 Patsy
47 Yarn
49 Facility
50 Chills and fever
51 Meadow
52 Still
53 Jewels
54 Grain bristle
55 Untouchable Eliot

DOWN

1 Con game
2 Frat party garment
3 "American —"
4 Loose overcoat
5 Release a deadbolt
6 Membership
7 Puncturing tool
8 Horrify
9 Carrots' partners
10 Ganges wrap
11 Antlered critters
17 Lounge about
19 Disencumber
22 Actor McKellen
23 First X or O?
24 Nipper's employer
25 Slithery fish
26 Whammy
27 "Do — Diddy Diddy"
28 Khan title
29 Evergreen type
31 Moo goo gai pan pan
34 Punch bowls' accessories
35 Bankrupt
36 Chum
37 Blood-filtering organ
39 Hymn of praise
40 Men-only
41 Zoo structure
42 Astringent
43 Took to the skies
44 Donated
45 Works with
46 Longings
48 Carte lead-in

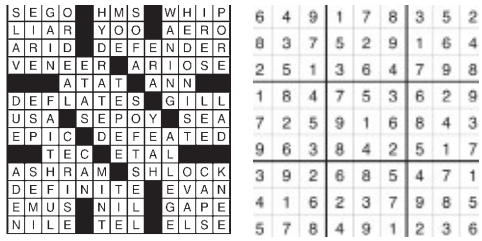
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

					2			4
9		5			4	3		
	1						2	7
		1		5				8
			3		1			
6				4		9		
1	4						3	
		3	6			2		1
8			4					

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	4	9	1	7	8	3	5	2
8	3	7	5	2	9	1	6	4
2	5	1	3	6	4	7	9	8
1	8	4	7	5	3	6	2	9
7	2	5	9	1	6	8	4	3
9	6	3	8	4	2	5	1	7
3	9	2	6	8	5	4	7	1
4	1	6	2	3	7	9	8	5
5	7	8	4	9	1	2	3	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

DON'T WORRY, SWEETIE, IT WON'T HURT A BIT. GRANDMA WAS INVITED ON ARBOR DAY BY A BUNCH OF THIRD GRADERS.
WHY THE OLD MAPLE TREE LEANS

Metro Recipe of the Day

Spicy Lamb Stew with Couscous

INGREDIENTS:

1 boneless leg of lamb, cubed
1 small onion, chopped
2 cloves garlic, chopped
1/2 tsp cayenne pepper
1 cinnamon stick, broken in half
1 tsp ground ginger
1 tsp paprika
1/4 tsp crumbled saffron threads
3/4 cup dried apricots, quartered
1 cup chopped carrots
1 cup chopped zucchini
2 tomatoes, chopped
3 tbsp chopped cilantro
3 tbsp chopped fresh parsley
1 1/2 cups couscous

METHOD:

1. In large pot, combine lamb, onion, garlic, cayenne pepper, cinnamon, ginger, paprika, saffron, and salt and pepper to taste. Add enough water to cover and simmer mixture, covered, 1 hour 30 minutes.

2. Add apricots, carrots, zucchini, tomatoes, 2 tbsp cilantro and 2 tbsp parsley and simmer, covered, 15 minutes.

3. Meanwhile, put couscous in bowl, just cover with cold water it and let stand 5 minutes to absorb liquid.

4. Transfer couscous to sieve: steam over stew until warm, about 15 minutes. Fluff with fork and add salt to taste.

5. Spoon couscous onto serving dish. Using slotted spoon, top couscous with lamb and vegetables and sprinkle with remaining cilantro and parsley. Serve cooking liquid on side as sauce.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
As usual you have said too much and as usual you don't care. Anyone who expects an Aries to keep their opinions to themselves is in for a very long wait.

TAURUS
APRIL 21-MAY 21
Something that has been causing you a great deal of confusion will become crystal clear at some point today.

GEMINI
MAY 22-JUNE 21
It might be wise to keep your thoughts to yourself today, especially if they are the sort that are likely to start arguments.

CANCER
JUNE 22-JULY 22
If you believe that you can do something then you will get it done. If you believe that you can't do something then no amount of effort will work.

LEO
JULY 23-AUG 23
You may not be happy with the direction your life is moving but don't worry about it to such an extent that you risk making yourself ill.

VIRGO
AUG 24-SEPT 22
Someone is talking behind your back and trying to damage your reputation. So what do you do about it? Pretend they don't exist.

LIBRA
SEPT 23-OCT 23
This is not a day for rash decisions, even though your head may be full of good ideas. If they are that good they will wait for another day.

SCORPIO
OCT 24-NOV 22
You will make a big impression today, but will it be a good one or a bad one? Think long and hard about what you intend to say.

SAGITTARIUS
NOV 23-DEC 21
What looks important now will seem totally insignificant later in the month, so try not to worry about it. Relax. Give your mind permission to roam.

CAPRICORN
DEC 22-JAN 20
A problem you have spent hours, days, even weeks trying to solve will sort itself out without any input from you.

AQUARIUS
JAN 21-FEB 18
Your temper will ignite today, but although you may have good reason to be angry you know it's not going to solve anything, so why bother?

PISCES
FEB 19-MARCH 20
There is a great deal of energy in your chart at the moment but you need to find ways to release it constructively.

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Resort view rm.
June 3, 10 & 17 • 4 nts.
$669 +Taxes & other fees (including service charges): $96

COSTA RICA

Liberia

Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
May 22 & 29 • 1 wk.
$899 +Taxes & other fees (including service charges): $211
Departure tax: 26 USD cash, paid locally

DOMINICAN REPUBLIC

Samana

Gran Bahia Principe Cayacoa • 4★
All-Inclusive • Standard rm.
June 6, 13 & 20 • 1 wk.
$529 +Taxes & other fees (including service charges): $312

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
June 5 – 20 • 1 wk.
$649 +Taxes & other fees (including service charges): $312

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive • Junior suite
June 1 – 18 • 1 wk.
PRIVILEGES
$899 +Taxes & other fees (including service charges): $282

CUBA

Holguin

Playa Costa Verde • 4★
All-Inclusive • Standard rm.
May 15 – June 19 • 1 wk.
$549 +Taxes & other fees (including service charges): $231
Departure tax: 25 CUC cash, paid locally

Varadero

Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
May 15 – June 21 • 1 wk.
$559 +Taxes & other fees (including service charges): $231
Departure tax: 25 CUC cash, paid locally
Please add $50 for Sat. & Sun. departures

TURKS & CAICOS

Royal West Indies Resort • 4★

Studio botanical view
June 5 – 20 • 1 wk.
$1179 +Taxes & other fees (including service charges): $228
Departure tax: 20 USD cash, paid locally

MEXICO

Cancun / Riviera Maya

Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
May 30 • 1 wk.
$699 +Taxes & other fees (including service charges): $293

Puerto Vallarta / Riviera Nayarit

Dreams Villamagna Nuevo Vallarta • 4 1/2★
All-Inclusive
Junior suite tropical view with jacuzzi
July 3 – 31 • 1 wk.
$200 resort credit
PRIVILEGES
$1199 +Taxes & other fees (including service charges): $273

ARUBA

Occidental Grand Aruba • 4 1/2★

All-Inclusive • Deluxe rm.
June 5, 12 & 19 • 1 wk.
$1589 +Taxes & other fees (including service charges): $241

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